

NATURE ACTIVATION

More facts and information about Nature therapy with Me

Alyssa Scott, LMHC

Peaceful Connections Counseling and Consulting Services, PLLC

Offered at Wesley Chapel District
Park

Offered at Seven Oaks Nature
Walking Trail

Why Nature Works (Especially When You're Overwhelmed)

Many of my clients who benefit from nature therapy are:

- High-achieving but emotionally exhausted
- Teens navigating anxiety, pressure, or social overwhelm
- Individuals who feel "stuck in their head"
- Sensitive, intuitive, or deeply feeling people
- Those who struggle to open up in a traditional office setting
- Nature therapy gently meets these pain points by shifting the body out of survival mode and into regulation.

When we walk side-by-side:

- Emotions move through the body instead of getting trapped
- Insight arises naturally, without force
- This is therapy that honors your pace, your nervous system, and your inner rhythm.

Clients often experience:

- Reduced anxiety and stress
- Improved mood and emotional regulation
- Increased clarity and perspective
- Enhanced grounding and nervous system balance
- Greater mind-body awareness
- Easier access to emotions and self-reflection
- Improved engagement for teens who resist traditional therapy

For teens especially, movement + nature often increases participation, openness, and emotional safety

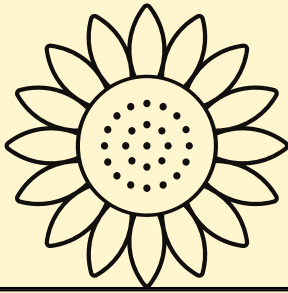
Is Nature Therapy Effective?

Yes—and the research supports it. Studies show that spending time in natural environments can:

- Lower cortisol (stress hormone) levels
- Reduce symptoms of anxiety and depression
- Improve focus, attention, and emotional regulation
- Support trauma recovery by calming the nervous system

When combined with evidence-based therapy approaches (such as CBT, mindfulness, and trauma-informed care), nature therapy becomes a powerful, integrative healing experience. This is not "just a walk."

It is intentional, clinically guided therapy—held in a setting where your body can finally exhale.



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Who This Is For:

- Teens struggling with anxiety, stress, or emotional overwhelm
- Individuals experiencing burnout, life transitions, or self-doubt
- Clients who feel disconnected from their body or intuition
- Those who want therapy that feels less clinical and more human
- This service is not offered for couples.

Sessions may include:

- Walk-and-talk therapy
- Mindfulness and grounding practices
- Somatic awareness
- Gentle reflection and processing
- Moments of stillness, silence, or intentional pause

What is next?

1. Schedule an Individual Consultation
2. Complete intake forms, that will also include specific Nature Therapy forms
3. A "how to prepare/pack" handout will be emailed 3-5 days prior to your appointment
4. We meet and begin your journey!

